

**Pacific Swimming Short Course Junior Olympic Trials and Finals Meet**  
**Hosted by SAN RAMON VALLEY LIVERMORE AQUATICS**  
**March 26, 27, 28, 2010**

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **10-034**

**LOCATION:** SAN RAMON OLYMPIC POOL AND AQUATIC PARK 9900 Broadmoor Drive, San Ramon, CA 94583

Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr., go approximately 1/4 mile to pool located on left side. Parking is available behind the school in the south parking lot, and on some neighborhood streets. ***DO NOT PARK WHERE “NO PARKING” SIGNS OR “PERMIT PARKING ONLY” SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!! Parking between pool main entrance and tennis courts is for coaches and officials only. Personal equipment drop off will be allowed only at the South end of the pool by the High School entrance, not in front of the main pool entrance. Only Officials and Coaches will be allowed to enter that area with a vehicle.***

**COURSE:** Outdoor heated pool with anti-turbulent lane lines. Up to sixteen (16), 25-yard competition lanes available, with additional lanes for warm up. Electronic timing system will be used. The minimum water depth, measured in accordance with Article 103.2.3, is 4 ft. at the start end and 4 ft. at the turn end.

**TIME:** The competition pool will be available for warm ups on Friday, March 26 from 4:00 pm to 4:45 pm, the meet will start at 5:00 pm. Friday's events will be timed finals. The competition pool will be available for pre-meet warm ups on Saturday, March 27 and Sunday, March 28 from 7:30 am to 8:45 am, the meet will start at 9:00 am. Finals will begin no sooner than one hour after the completion of trials. The exact time will be determined by the referee and announced as early as possible each day.

**RULES:** Current U.S.A. Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are trials and finals except the 1000 and 1650 Freestyle events. **Swimmers may enter as many events as they have met or exceeded the listed time standards up to a maximum of seven (7) events. If a swimmer enters more than seven events, he or she will be required to scratch down to the seven event limit – no refunds will be given. Swimmers are further restricted to swimming no more than three (3) events in any single day. This restriction includes distance events.** The 15-16 and 17-18 age groups will be combined into one event, 15-18, and there will be two final heats in these events. All 16 finalists will receive awards regardless of preliminary finish (the 16<sup>th</sup> place in preliminary can still place 1<sup>st</sup> in finals). All swimmers in the 1000 and 1650 freestyle events must provide their own timers and lap counters. All swimmers in the 500 freestyle must provide their own lap counters. See special rules for distance events. Preliminary Events (trials) will be swum slowest to fastest starting with non-conforming long course meter “JO” time (LCM), then non-conforming short course meter “JO” time (SCM), and then conforming short course yard “JO” times (SCY), except where noted for distance events. Entry time submitted will be checked against USA computer database and may be changed in accordance with the Pacific Swimming entry time Verification Procedure.

**All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. Coaches and deck official packets will only be given to those displaying their cards. Coaches with expired certifications will not be allowed on deck.**

**ATTENTION HIGH SCHOOL SWIMMERS:** IF YOU ARE A HIGH SCHOOL SWIMMER IN SEASON, YOU NEED TO BE UNATTACHED FROM THIS MEET. IT IS THE SWIMMERS RESPONSIBILITY TO BE UNATTACHED FROM THIS MEET. YOU CAN UN-ATTACH AT THE MEET IF NECESSARY.

**PROOF OF TIME:** Proof of time will be required in advance for all swimmers in this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations. All entry times will be verified against the USA Swimming computer database. Entry times must have been achieved prior to the closing date for entries to the meet (March 18, 2010). If a time can not be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet. When possible, coaches will be notified of their swimmers who have not proven their entry times.

**RESTRICTIONS:** Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by the swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass bottles and containers of any kind are not permitted in the pool area. Propane heaters or similar type devices are not permitted.

**ELIGIBILITY:** Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the computer database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee or Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming policy. Meet is open to all qualified swimmers with "JO" times or better.

**DISTANCE:** The 1000 Freestyle (events 57/58 11-UP) will begin 10 minutes after the conclusion of the Trials for event 56 on Saturday. The 1650 Freestyle (events 103/104 11-UP) will begin 10 minutes after the conclusion of Trials for event 102 on Sunday. If there are more heats than there is time to swim them between Trials and Finals then slower heats will be swum after Finals. The 1000 and 1650 yard freestyle events are timed finals. The 1000 and 1650 freestyle will be swum fastest to slowest and may alternate girls and boys. **Swimmers in the 1000 and 1650 free must provide their own timers and counters.** The Meet Referee and Meet Director may decide to swim two swimmers per lane.

**CHECK IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event with the exception of the 1000s and 1650s. Check-in for the 1000s and 1650s will close by 10:30am of the day of the event. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course desk. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. These rules include a provision **that any swimmer originally qualifying for a final who fails to compete in that final will be barred from further competition for the remainder of the meet. If the failure to**



## MEET SUMMARY

### FRIDAY EVENTS - March 26

#### 10 AND UNDER

200 FREE  
500 FREE

#### 11/12

500 FREE  
400 I.M.

#### 13/14

500 FREE  
400 I.M.

#### 15/18

500 FREE  
400 I.M.

### SATURDAY EVENTS – March 27

#### 10& UNDER

100 I.M.  
50 FLY  
100 BREAST  
50 FREE  
100 BACK

#### 11/12

100 I.M.  
100 BREAST  
200 FLY  
50 FREE  
100 BACK  
50 FLY  
200 FREE  
1000 FREE

#### 13/14

100 FLY  
200 BREAST  
50 FREE  
200 BACK  
100 FREE  
1000 FREE

#### 15/18

100 FLY  
200 BREAST  
50 FREE  
200 BACK  
100 FREE  
1000 FREE

### SUNDAY EVENTS March 28

#### 10 & UNDER

200 I.M.  
50 BREAST  
100 FREE  
50 BACK  
100 FLY

#### 11/12

200 I.M.  
50 BREAST  
200 BREAST  
100 FREE  
50 BACK  
200 BACK  
100 FLY  
1650 FREE

#### 13/14

200 I.M.  
100 BREAST  
200 FREE  
100 BACK  
200 FLY  
1650 FREE

#### 15/18

200 I.M.  
100 BREAST  
200 FREE  
100 BACK  
200 FLY  
1650 FREE

**FRIDAY, MARCH 26, 2010**

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
1	2	10-UN	200 FREE
3	4	11-12	500 FREE
5	6	13-14	500 FREE
		15-18	500 FREE
7	8	10-UN	500 FREE
9	10	11-12	400 I.M.
11	12	13-14	400 I.M.
		15-18	400 I.M.

**All events swum on Friday are timed finals.  
13-14 and 15-18 will be combined but will be awarded separately.**

**SATURDAY, MARCH 27, 2010**

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
13	14	10-UN	100 I.M.
15	16	11-12	100 I.M.
17	18	13-14	100 FLY
19	20	15-18	100 FLY
21	22	10-UN	50 FLY
23	24	11-12	100 BREAST
25	26	13-14	200 BREAST
27	28	15-18	200 BREAST
29	30	11-12	200 FLY
31	32	10-UN	100 BREAST
33	34	11-12	50 FREE
35	36	13-14	50 FREE
37	38	15-18	50 FREE
39	40	10-UN	50 FREE
41	42	11-12	100 BACK
43	44	13-14	200 BACK
45	46	15-18	200 BACK
47	48	11-12	50 FLY
49	50	10-UN	100 BACK
51	52	11-12	200 FREE
53	54	13-14	100 FREE
55	56	15-18	100 FREE
57	58	11-12	*1000 FREE
		13-14	*1000FREE
		15-18	*1000 FREE

**\*1000 free swimmers must provide their own timers and lap counters. The 1000 free will be swum after the last Trials event and before Finals as a timed final event.**

**15-18 age groups will be combined for prelims and finals.**

**There will be two heats of finals for 15-18 year olds, Heat 1 and Heat 2. Swimmers in either heat are eligible for awards 1<sup>st</sup> – 16<sup>th</sup>**

**SUNDAY, MARCH 28, 2010**

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
59	60	11-12	200 I.M.
61	62	10-UN	200 I.M.
63	64	13-14	200 I.M.
65	66	15-18	200 I.M.
67	68	11-12	50 BREAST
69	70	10-UN	50 BREAST
71	72	11-12	200 BREAST
73	74	13-14	100 BREAST
75	76	15-18	100 BREAST
77	78	11-12	100 FREE
79	80	10-UN	100 FREE
81	82	13-14	200 FREE
83	84	15-18	200 FREE
85	86	11-12	50 BACK
87	88	10-UN	50 BACK
89	90	11-12	200 BACK
91	92	13-14	100 BACK
93	94	15-18	100 BACK
95	96	11-12	100 FLY
97	98	10-UN	100 FLY
99	100	13-14	200 FLY
101	102	15-18	200 FLY
103	104	11-12	*1650 FREE
		13-14	*1650 FREE
		15-18	*1650 FREE

**\*1650 free swimmers must provide their own timers and lap counters. The 1650 will be swam after the last Trials event and before Finals as a timed final event.**

**15-18 age groups will be combined for prelims and finals.**

**There will be two heats of finals for 15-18 year olds, Heat1 and Heat2. All swimmers in either heat are eligible for awards 1<sup>st</sup> – 16<sup>th</sup>.**

## 2010 "JO" TIME STANDARDS

	GIRLS			BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
			<b>10/Under</b>			
32.19	35.49	36.49	<b>50 Free</b>	36.79	35.09	31.89
1:12.49	1:19.79	1:21.99	<b>100 Free</b>	1:20.09	1:17.49	1:10.39
2:36.49	2:52.19	2:56.19	<b>200 Free</b>	2:55.79	2:51.49	2:35.89
6:52.29	5:45.99	5:52.39	<b>400/500 Free</b>	5:59.99	5:53.59	6:29.79
39.49	43.49	44.49	<b>50 Back</b>	44.39	42.79	38.89
1:25.09	1:33.59	1:35.99	<b>100 Back</b>	1:32.99	1:31.19	1:22.89
43.09	47.39	48.39	<b>50 Breast</b>	48.69	47.39	43.09
1:35.19	1:44.79	1:47.79	<b>100 Breast</b>	1:46.69	1:42.89	1:33.49
36:39	40.09	41.09	<b>50 Fly</b>	41.29	39.39	35.79
1:26.09	1:34.69	1:37.29	<b>100 Fly</b>	1:35.89	1:34.99	1:26.29
1:22.99	1:31.29	--	<b>100 I.M.</b>	--	1:29.59	1:21.39
2:58.49	3:16.39	3:20.39	<b>200 IM</b>	3:20.59	3:15.59	2:57.79
			<b>11/12</b>			
28.89	31.99	32.79	<b>50 Free</b>	32.59	31.59	28.69
1:02.99	1:10.09	1:11.69	<b>100 Free</b>	1:11.59	1:09.59	1:03.19
2:16.49	2:30.99	2:34.19	<b>200 Free</b>	2:34.39	2:30.39	2:16.69
6:05.39	5:23.19	5:29.59	<b>400/500 Free</b>	5:29.59	5:23.19	6:05.39
12:21.19	10:58.19	11:10.99	<b>800/1000 Free</b>	10:58.49	10:45.69	12:20.49
22:33.39	20:56.99	21:20.99	<b>1500/1650 Free</b>	21:15.99	20:51.99	21:34.39
34.09	43.19	39.09	<b>50 Back</b>	38.69	37.69	34.19
1:13.39	1:20.79	1:24.49	<b>100 Back</b>	1:23.39	1:20.89	1:13.49
2:36.09	2:53.49	2:55.89	<b>200 Back</b>	2:57.09	2:46.79	2:31.59
37.79	41.59	42.59	<b>50 Breast</b>	43.09	41.59	37.79
1:22.99	1:32.09	1:34.09	<b>100 Breast</b>	1:31.29	1:28.99	1:20.89
2:58.19	3:16.59	3:20.59	<b>200 Breast</b>	3:17.49	3:12.79	2:55.19
32.09	35.59	36.29	<b>50 Fly</b>	36.49	35.49	32.19
1:12.49	1:20.39	1:21.79	<b>100 Fly</b>	1:22.79	1:20.29	1:12.99
2:37.79	2:57.19	2:59.99	<b>200 Fly</b>	2:59.99	2:52.19	2:36.49
1:12.49	1:20.59	--	<b>100 I.M.</b>	--	1:20.89	1:13.49
2:36.49	2:53.39	2:56.59	<b>200 I.M.</b>	2:56.59	2:52.29	2:36.59
5:30.29	6:03.99	6:10.39	<b>400 I.M.</b>	6:10.89	6:03.39	5:30.29
			<b>13/14</b>			
27.19	29.09	30.49	<b>50 Free</b>	28.69	28.49	25.89
58.59	1:04.49	1:06.39	<b>100 Free</b>	1:03.69	1:01.59	55.99
2:07.79	2:20.59	2:24.59	<b>200 Free</b>	2:17.99	2:13.19	2:01.09
5:42.29	5:02.89	5:09.29	<b>400/500 Free</b>	4:56.29	4:49.89	5:28.09
11:53.99	10:31.59	10:44.39	<b>800/1000 Free</b>	10:16.59	10:03.79	11:24.49
19:35.99	19:41.99	20:05.99	<b>1500/1650 Free</b>	19:29.99	19:05.99	19:35.99
1:08.29	1:15.19	1:18.29	<b>100 Back</b>	1:15.49	1:13.99	1:07.19
2:24.59	2:39.09	2:46.79	<b>200 Back</b>	2:40.39	2:41.39	2:26.69
1:17.19	1:24.19	1:28.39	<b>100 Breast</b>	1:23.49	1:20.89	1:13.49
2:43.39	2:59.79	3:11.99	<b>200 Breast</b>	3:01.89	2:57.89	2:41.69
1:07.59	1:14.39	1:16.29	<b>100 Fly</b>	1:12.09	1:09.99	1:03.59
2:32.29	2:47.59	2:51.59	<b>200 Fly</b>	2:43.69	2:40.49	2:25.89
2:24.39	2:38.89	2:43.29	<b>200 IM</b>	2:34.19	2:34.99	2:20.89
5:12.69	5:43.99	5:49.79	<b>400 I.M.</b>	5:42.99	5:34.99	5:04.49

## 2010 "JO" TIME STANDARDS

	<b>GIRLS</b>				<b>BOYS</b>	
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>LCM</b>	<b>SCM</b>	<b>SCY</b>

			<b>15/16</b>			
27.29	30.09	30.79	<b>50 Free</b>	27.89	26.99	24.49
59.39	1:05.39	1:07.29	<b>100 Free</b>	1:00.79	58.89	53.49
2:08.09	2:20.89	2:23.89	<b>200 Free</b>	2:12.29	2:08.29	1:56.59
5:38.09	4:59.19	5:05.59	<b>400/500 Free</b>	4:45.19	4:38.79	5:14.99
11:43.39	10:22.29	10:35.09	<b>800/1000 Free</b>	10:07.39	9:54.59	11:11.99
19:46.49	19:58.49	20:22.49	<b>1500/1650 Free</b>	19:23.99	18:59.99	18:53.99
1:09.89	1:16.89	1:18.89	<b>100 Back</b>	1:12.09	1:10.09	1:03.69
2:29.09	2:43.99	2:48.09	<b>200 Back</b>	2:36.49	2:32.49	2:18.59
1:18.69	1:26.59	1:28.59	<b>100 Breast</b>	1:18.69	1:16.29	1:09.29
2:51.79	3:08.99	3:12.99	<b>200 Breast</b>	2:53.89	2:49.89	2:34.39
1:06.19	1:12.89	1:14.89	<b>100 Fly</b>	1:07.19	1:05.29	59.29
2:28.59	2:43.49	2:47.49	<b>200 Fly</b>	2:32.59	2:28.59	2:15.09
2:24.89	2:39.39	2:43.39	<b>200 I.M.</b>	2:30.29	2:26.29	2:12.99
5:14.99	5:46.49	5:45.19	<b>400 I.M.</b>	5:30.29	5:22.29	4:52.99
			<b>17/18</b>			
28.09	30.89	31.89	<b>50 Free</b>	27.89	26.99	24.49
1:00.09	1:06.09	1:08.09	<b>100 Free</b>	1:00.79	58.29	52.99
2:12.09	2:25.29	2:29.29	<b>200 Free</b>	2:12.29	2:08.29	1:56.59
5:51.79	5:11.19	5:17.59	<b>400/500 Free</b>	4:50.99	4:44.59	5:21.49
12:14.99	10:50.79	11:03.59	<b>800/1000 Free</b>	10:07.39	9:54.59	11:13.99
20:17.89	20:23.89	20:47.89	<b>1500/1650 Free</b>	19:23.99	18:59.99	18:55.99
1:12.69	1:19.99	1:21.89	<b>100 Back</b>	1:11.89	1:09.89	1:03.49
2:39.59	2:55.59	2:59.59	<b>200 Back</b>	2:42.99	2:38.99	2:24.49
1:21.09	1:29.19	1:31.19	<b>100 Breast</b>	1:19.49	1:17.49	1:10.39
2:55.39	3:12.99	3:16.99	<b>200 Breast</b>	2:57.29	2:53.29	2:37.49
1:07.19	1:13.99	1:15.99	<b>100 Fly</b>	1:07.89	1:05.89	59.89
2:36.49	2:52.19	2:56.19	<b>200 Fly</b>	2:38.79	2:34.79	2:20.69
2:30.89	2:45.99	2:49.89	<b>200 I.M.</b>	2:30.79	2:26.79	2:13.39
5:28.69	6:01.59	6:09.59	<b>400 I.M.</b>	5:36.09	5:28.09	4:58.19

# 2010 Pacific Swimming Short Course Junior Olympic T&F Individual Entry Form

To be accepted, all entry information must be completely filled out. Please print!

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name		First Name	Init.
LSC	Club Abbr.	Club Name (If entering unattached, enter club name and abbr. you want results listed in your team's summary report.)	
Age	Age Group	USA Swimming Registration Number - Bring your card if not Pacific Swimming registered swimmer	Gender M F
Date of Birth			
Event Number	Qualifying Entry Time	(SCY / LCM / SCM)	Distance/Stroke
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
		( )	
Swimmer's Address:		Total Entries _____ X 4.00 US Dollars =====>	\$
Swimmer's Phone # ( )		\$5.00 US Dollars Participation Fee =====>	\$ 5.00
Swimmer's/ parent's email:		-----	-----
Swimmer's Coach:		Total Due- make check payable to SRVLA) =====>	\$

- NO ENTRY TIME will be automatically disqualified from the event, no refunds
- **Entry Times Submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the "Junior Olympic" time standard must be proved on the day of competition.**

**IMPORTANT!**  
**Please print clearly. Be sure to include all information. All entry times must be at least "Junior Olympic" time standard for each event. Entries with "NO Time" or the omission of a time or a time slower than a "Junior Olympic" time will not be accepted.**  
**All teams will be assigned at least one lane for timing throughout the meet. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. So, Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.**



San Ramon, California



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